

Dear volunteers,

As you may already know, confirmed cases of COVID-19 have been identified in Manitoba. Public health officials, health system leaders, facilities, providers and staff are taking all necessary steps to decrease the risk of spread of the virus.

As volunteers, you play an important role in caring for our patients and we must all work together to ensure all levels of precaution are in place to protect ourselves, our patients, our staff and our visitors.

For your safety and the safety of others:

Please DO NOT volunteer if you have returned from travel-including travel within Canada-in the last 14 days;

Please DO NOT volunteer if you have had exposure to a confirmed of COVID-19;
(Note: *Exposure may include scenarios like: large events or settings with confirmed case(s) of COVID-19).

Please DO NOT volunteer if you are experiencing any of the following cold/flu symptoms:

- Cough
- Fever
- Runny Nose
- Sore Throat
- Weakness
- Headache

Take care of yourself

Remember, some of the best ways to prevent any respiratory illness is to stay home if you're sick, cough or sneeze into your sleeve, and practice good hand hygiene with soap and water or alcohol-based hand rub.

As of yesterday, social distancing strategies are now recommended for all Manitobans. Social distancing is used to intentionally reduce close contact between people to try to stop the progression of community transmission of any virus.

This means:

- Minimizing prolonged (more than 10 minutes), close (less than two metres) contact between other individuals in public;
- Avoiding greetings that involve touching such as handshakes;
- Disinfecting frequently used surfaces;

- Following public health advice related to self-monitoring and self-isolation if you have travelled or have been exposed to someone ill with the virus; and
- Considering avoiding travel, crowded places and events, especially if you are at higher risk.

Stay up-to-date with the latest evolving COVID-19 information by visiting www.gov.mb.ca/health/coronavirus/index.html